

## WRESTLING RULES UNIT I



Scott Owen, Assistant Director  
(505) 923-3273, [s.owen@nmact.org](mailto:s.owen@nmact.org)

Welcome to the 2019-2020 New Mexico Activities Association high school wrestling season. Please note the following important points of emphasis for the 2019-20 season: *\*see Unit IV for details\**

- Dates and Deadlines for your planner (suggest download/print)
- State Qualifier/Tournament Information
- Trackwrestling Requirements/points of emphasis
- Wrestling Weight Management Program (suggest a 3 ring binder for info/data)
- **NEW** – Girls Wrestling
- **NEW** – Head and Neck Injury Timeouts
- **NEW** – Hair Length Rules
- **NEW** – Undergarments
- **NEW** – Bylaw Updates
- Control of Communicable Skin Conditions
- NFHS Skin Condition Form
- District Dual Meet Requirements
- Dual Meet Exhibitions/Multi-Dual Events
- Tournament Hosts/Officials/points of emphasis
- Officials – Recruitment, Registered Officials, State Selection, Video Submission
- Verification of Entries
- Forfeits and State Seeding Criteria
- NMAA Event Limits for Wrestling
- Max Preps Requirements
- “Compete with Class” Sportsmanship Initiative
- Crowd Control/Fan Behavior
- Ejection Policies

The points of emphasis for 2019-20 represent current issues that challenge participation in the sport of wrestling and the effectiveness of an education-based athletic experience. Please focus your efforts in these areas and help us collectively make the sport of high school wrestling in New Mexico something we can all be proud of. Though we are competitors, the nature of the sport demands that each of us maintain certain standards to insure the health of ALL the participants, the integrity of ALL competitions, and the quality of the learning experience for ALL.

Sincerely,

A handwritten signature in black ink, appearing to read "Scott Owen", is positioned above the printed name.

Scott Owen  
Director of Wrestling  
NMAA